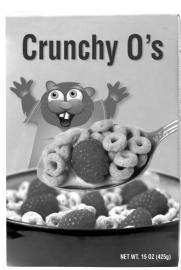
## Be a Smart Shopper When Using Coupons

Using coupons may save you money. Compare prices with and without a coupon to see what's the best buy.



**\$4**59



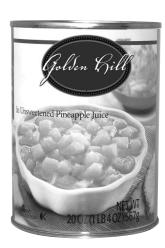
toastee O's \$309

Which is the better buy? Crunchy O's with a coupon or Toastee O's without the coupon?



**\$139** 





99¢

Which is the better buy? Fancy Hawaiian Pineapple with coupon or store brand canned pineapple without the coupon?





## Smart Shopping Tips

- Plan meals and make a shopping list.
- Go grocery shopping when you are not hungry.
- Use coupons and look for specials.
- Look for "buy one, get one free" offers even when using WIC checks.
- Use a store savings card if your store offers one.
- Use unit prices to get the better buy.
- Buy store brand foods. They often cost less and are usually just as good.
- Buy fresh fruits and vegetables in season to save money and get the best quality and flavor.
- Buy plain vegetables and add your own seasonings for a healthier choice that usually costs less.
- Buy lean ground beef and turkey, and skinless chicken when they are on sale. Freeze extra to use later.

